



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Fettuccine Alfredo (from Cooks Illustrated's *The New Best Recipe*)

6 appetizer servings

I've reproduced Cooks Illustrated's recipe exactly below. But, in step 1, I found I needed to heat the cream-butter mixture over higher heat (medium-low to medium) for the cream to simmer.

To heat the bowls, either put them in a warm oven for a few minutes or ladle some of the hot pasta water into the bowls; leave the water in the bowl while you mix the pasta and sauce.

1 $\frac{2}{3}$ cups heavy cream, preferably not ultrapasteurized
5 tablespoons unsalted butter
Salt
1 recipe fresh egg pasta, cut into fettuccine (below)
2 ounces (1 cup) parmesan cheese, freshly grated
Ground black pepper
Pinch freshly grated nutmeg

1. Bring 4 quarts water to a rolling boil in a large pot.
2. Combine 1 $\frac{2}{3}$ cups of the cream and the butter in a sauté pan large enough to accommodate the cooked pasta. Heat over low heat until the butter is melted and the cream comes to a bare simmer. Turn off the heat and set aside.
3. When the water comes to a boil, add 1 tablespoon salt and the pasta to the boiling water and stir to separate the noodles. Cook until almost al dente. Drain the pasta and add it to the sauté pan. Add the remaining $\frac{1}{3}$ cup cream, the parmesan, $\frac{1}{2}$ teaspoon salt, pepper to taste, and the nutmeg. Cook over very low heat until the sauce is slightly thickened, 1 to 2 minutes. Serve the fettuccine immediately in heated pasta bowls.

Fresh Egg Pasta (adapted from Cooks Illustrated)

You can mix this in the food processor, but for me, it's easier to mix two ingredients by hand than it is to wash the food processor (even in the dishwasher).

You can also use store-bought pasta dough instead of making your own. You'll need a pound for the amount of sauce in the alfredo recipe.

2 cups (10 ounces) all-purpose flour
3 eggs

1. Measure out the flour into a large bowl. Make a well in the center and add the eggs. Use a fork to break up the eggs slightly. Use a rubber spatula to mix the eggs into the flour until the dough is smooth. If it's sticky, knead in more flour. If it's too dry to mix in all the flour, knead in water $\frac{1}{2}$ teaspoon at a time until the dough comes together.

2. Divide the dough into 6 portions. Spread dry kitchen towels under the pasta roller and over the counter. Set the pasta machine at its widest opening. Working with one portion of dough at a time and keeping the others covered, roll the dough through the pasta roller. Fold it in thirds like a letter and roll it through the wide setting again. Repeat four more times, adding flour as needed to prevent the dough from sticking to the machine.

3. Adjust the machine to the second-to-widest setting; roll the pasta through. Continue thinning the strips, progressively closing down the opening between the rollers one notch at a time, until the third-the-thinnest setting. Set the strip on a kitchen towel. Repeat with the remaining pasta dough. Starting with the strip of dough rolled out first, send each strip through the fettuccine cutter.